

Special Care!



You need to take special care of your teeth and gums during pregnancy.

- ◆ Do your gums bleed or hurt when you brush?
- ◆ Do any of your teeth hurt?
- ◆ Do you have bad breath?
- ◆ Do you use tobacco?

If you answered "yes" to any of these questions, you need to take special care of your teeth and gums. Some women get sore gums while pregnant. This soreness may be caused by hormones but you can stop the soreness.

Begin taking special care of your teeth and gums right now!

5 Ways to a Healthy Mouth!



Brush and floss daily.
Use a fluoride toothpaste.



Limit snacks and drinks with sugar



Look for gum and mints with xylitol



Get a dental check-up



Stop using tobacco

For more information
Contact your local dental clinic



This pamphlet was written by
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*Healthy Smiles for
American Indian and
Alaska Native People!*

For Pregnant Women

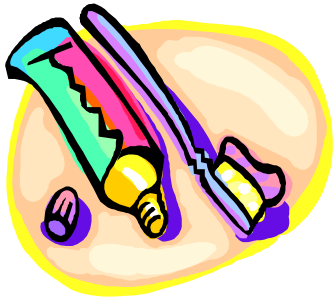


**5 Ways to a
Healthy Mouth!**

5 Ways to a Healthy Mouth!

Brush and Floss Each Day

Brush daily with a soft toothbrush and a toothpaste with fluoride. Put the toothbrush where the teeth and gums meet. This is where gum disease starts.



Floss or use toothpicks to clean in between the teeth where the toothbrush

Eat Healthy Foods

You need calcium for you and your baby's teeth and bones. Calcium is in milk, cheese, beans, and leafy green vegetables.



Eat healthy snacks. Drink less pop and eat less sweets. Pop and sweets cause cavities. Eat more fruits and vegetables.

Stop using tobacco

Chewing or smoking tobacco is bad for you and your baby. Tobacco causes cavities, gum disease, bad breath, and stained teeth. It also causes cancer.

Get a Dental check-up

Get your teeth cleaned and checked, and any needed dental work done. The germs that cause cavities can be passed on to your baby after it is born. The more unfilled cavities you have, the more germs you have.

Check out Xylitol!

Look for gum and mints with xylitol listed as the first ingredient. Xylitol is a natural sweetener that prevents cavities for both you and your baby.

